



## Research Article

### A STUDY ON FACTORS CONTRIBUTING TO CHILDHOOD OBESITY AMONG SCHOOL GOING CHILDREN IN A RURAL AREA OF SOUTH INDIA

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#### ABSTRACT

**Objective:** To identify the factors contributing obesity among school going children with the age group of 11 – 16 years; To identify the level of factors contributing obesity among children the age group of 11-16 years; To associate the factors contributing obesity among children with their selected demographic variables

**Methods:** In this explorative study, to identify the factors contributing obesity among school going children with the age group of 11 – 16 years

**Results:** The contributing factor for obesity among children (11-16yrs) it reveals that among 30 children with obesity, 28 (90%) of them are contributed by genetic factor, 30 (100%) of them were contributed by behavioural factor, 19 (63%) were contributed by psychological factor, 9 (30%) were contributed by medical factor.

**Conclusion:** The study reveals that association to identify the contributing factor for obesity among children 11-16 years among postnatal mother with demographic data. It was statistically significance with the age of the children, sex of the children, education of parents, and height of the children.

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## INTRODUCTION

Obesity can be seen as the first wave of a defined cluster of non-communicable diseases called "New World Syndrome," creating an enormous socioeconomic and public health burden in poorer countries. The World Health Organization has described obesity as one of today's most neglected public health problems, affecting every region of the globe. The term obesity is derived from Latin word 'obesus' which means 'having eaten until fat'. It is usually defined as an excess of body fat and is often seen as an imbalance between energy intake and expenditure. Obesity is a state in which there is generalised accumulation of excess fat in the body leading to a body weight of more than 20% of the required weight whereas overweight is a state in which there is generalised accumulation of excess fat in the body leading to a body weight of more than 10% of required weight .

### AIMS AND OBJECTIVES

To identify the factors contributing obesity among school going children with the age group of 11 – 16 years; To identify the level of factors contributing obesity among children the age group of 11-16 years;

To associate the factors contributing obesity among children with their selected demographic variables

### METHODS

Qualitative approach was used for this study and descriptive research design is used for this study. The sample size of present study will be 30 children. The convenient sampling technique was used for the sample. Setting for the study is at selected school in puducherry. The tool used for gather relevant data was structured question and check list on identification of factors contributing obesity such as genetic factor; behavioral factors; psychological factor; medical factor among children with age group of 11-16 years at puducherry.

### RESULTS

Good health is a prerequisite of human productivity and the developmental process. Health is essential to economic and technological development of the country. Health is a state of well-being of individual and community. School children face a dilemma in a society that values youthfulness and thinness but encourages a lifestyle of sedentary convenience. Such a lifestyle includes a decrease in physical activity, and therefore energy expenditure, as well as fast foods high in calories, making it difficult for adolescents to escape obesity and ill health.

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It is therefore important to encourage children and teenagers to adopt a physically active lifestyle and healthful eating habits and to motivate them to become healthier individuals. The present study was conducted to assess the factors contributing to childhood obesity among school going children age 11-16 years at selected school, puducherry. The study was descriptive research design. A total of 30 children with obesity at age group of 11-16 years who met the inclusion criteria were selected from government school, puducherry by using the convenient sampling technique. Among 30 children; behavioural factor is a major contributing factors among genetic factor, psychological factor; medical factor. (table 1). To assess the level of factors contributing obesity among children (11-16yrs), 23(76.7%) were in mild level, 7(23.4%) were in moderate level (Table 2)

**Table 1. Frequency and percentage distribution to assess the contributing factor for obesity among children in selected school at Puducherry**

S:NO	Contributing Factors	Frequency	Percentage
	Genetic factor	28	90%
	Behavioural factor	30	100%
	Psychological factor	19	63%
	Medical factor	9	30%

**Table 1:** Shows that the contributing factor for obesity among children (11-16yrs) it reveals that among 30 children with obesity, 28(90%) of them are contributed by genetic factor, 30(100%) of them were contributed by behavioural factor, 19(63%) were contributed by psychological factor, 9(30%) were contributed by medical factor.

**Table 2. Frequency and percentage distribution to assess the level of factors contributing obesity among children (11-16yrs) in selected school at puducherry**

Level of factors contributing obesity	Frequency	Percentage
Mild	23	76.7
Moderate	7	23.4
severe	0	0

Table 2: shows that the level of factors contributing obesity among children (11-16yrs), it reveals that 23(76.7%) were in mild level, 7(23.4%) were in moderate level.

## DISCUSSION

There is increasing evidence to support the view that factors contributing obesity among school going children is mainly due to their behavioural factors. Anitha rani, (2013) was conducted in Delhi on 3800 school children. Study revealed that children over 85th percentile as per body mass index chart were considered overweight.

Analysis of the data collected revealed that over 17% children were found to be overweight .Some even had high blood pressure and a family history of diabetes. At least 11% children preferred eating lunch from the school canteen, over 81% children claimed that they went out to a fast food joint at least once a week, 62% children liked eating junk food like burgers, pizzas, etc. and 47% children took at least 1 cold drink daily. The study findings also revealed that 26% children reported that their mother or father being overweight, 10% children had a mother or father with diabetes. 26% children did not exercise at school, 13% children do not play outdoors at home and 35% children spend more time watching TV and playing on computer. The present results show that behavioural factors are major factor contributing obesity among school going children. The association of contributing factors among school going childrens with their selected demographic variables; it was statically significance with the age of the children, sex of the children, education of parents, and height of the children.

## Conclusion

The present study reveals that association to identify the contributing factor for obesity among children (11-16yrs) it reveals that among 30 children with obesity, 28(90%) of them are contributed by genetic factor, 30(100%) of them were contributed by behavioural factor, 19(63%) were contributed by psychological factor, 9(30%) were contributed by medical factor. Association to contributing factor for obesity among children 11-16 years among postnatal mother with demographic data. It was statistically significance with the age of the children, sex of the children, education of parents, and height of the children.

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